

ABSTRACT

A composition for suppressing appetite and cravings for substances such as nicotine, coffee, sweets or chocolate while improving energy and enhancing mood comprises theobromine or a salt thereof at an effective amount of from about 250 to 4000 mg. Using such relatively
5 high proportions of theobromine, without added caffeine or ephedrine provides an effective method for promoting weight control or to halt substance cravings without the side effects associated with such stimulants. The composition also includes *Rhodiola rosea* extract to offset stress effects from reduced food or substance intake, and to further improve mood, and clarity of thought and ability to handle stress, and to also increase endurance while reducing muscle pain.